



U10- BUILDING UP IN OWN HALF- 2

Date:

4/6/23 @ 5:45 PM

Duration:

60 minutes

Overview:

- Scrimmage - 15 minutes
- Barcelona - 10 minutes
- World Tour - 10 minutes
- 4v4 to 4 Goals (Attacking) - 10 minutes
- Fcb Scrimmage - 15 minutes

Description

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack

KEY QUALITIES: Read the game, Take initiative, Optimal technical abilities

MOMENT: Attacking

SKILL ACQUISITION:

Dribbling: Surface of the foot and ball, quality of the touch

Passing: Surface of the foot and ball, Pace and accuracy

Receiving: Body, position, surface of the foot and ball, first touch

Thanks to our friends at Massachusetts Youth Soccer for this practice plan!

Scrimmage

Duration: 15 minutes

DESCRIPTION

The best part of the practice, obviously.

WHAT YOU NEED

- 4 cones
- 1 ball
- 2 goals

SETUP

- Set up a goal on each endline and divide your players into 2 teams with one team in pinnies (if you have them) to scrimmage. Use small goals, large goals or pairs of cones placed arms-length apart.
- Grid size should adjust to the age of players:
 - for 5 and under, recommended size: 30 yards long x 20 yards wide
 - for 7-8, recommended size: 35 yards long x 20 yards wide
 - for 9-10, recommended size: 60 yards long x 40 yards wide
 - for 11+, recommended size: 75 yards long x 50 yards wide But don't let grid size stop you from playing—you can scrimmage with whatever space you have.
- Goalies are optional for ages 9+. There are no [corner kicks](#) or [throw-ins](#). If a ball goes over the sideline, restart play with a kick-in. Keep it simple.
- Goal kicks are optional for balls that cross the endline but miss the goal. The team with possession should back up to midfield to receive it. Otherwise, the coach can play a new

- ball in to restart play.

WHAT TO EXPECT

For many players, scrimmage is the best part of practice, perhaps because it most closely resembles the real game—and they come to play. This is their time to shine, not the coach's time to [puppeteer](#). Pay attention to how they're putting concepts from the practice session into play while scrimmaging and during breaks, point out examples of players doing this well.

COACHING TIPS

Try to ensure players are evenly balanced—if you have a few strong players, make sure they're evenly split between teams. Provide more [specific encouragement and praise](#) than direction: “Good job dribbling to a new space,” for example, vs. just “Good job.” You can add rules to encourage players to do what you want them to do (ex: if a player is [keeping the ball too long](#), add a rule that players can only use 3-4 touches.)

MAKE IT HARDER

Increasing grid size makes it harder for defenders. Decreasing grid size makes it harder for attackers.

MAKE IT EASIER

Decreasing grid size makes it easier for defenders. Increasing grid size makes it easier for attackers.

CHANGE IT UP

You can put 2 goals on each endline instead of one goal per endline. More goals: more fun.

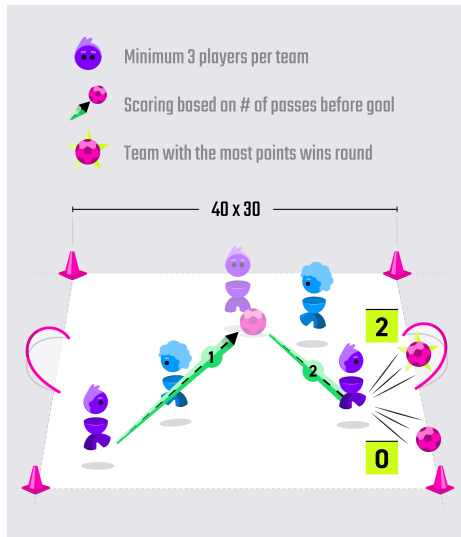
DO IT AT HOME

Players can keep working on their skills at home with a game we call

[1v1](#), only available with MOJO+.

Barcelona

Duration: 10 minutes



DESCRIPTION

This small-sided game emphasizes passing by awarding points according to how many passes a team makes before they score.

WHAT YOU NEED

- 8 cones
- 1 ball
- 1 pinnie per 2 players
- 2 goals

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 40 yards long x 30 yards wide for every 6-10 players. Divide players into 2 teams, one on each endline, and give one team pinnies.
- This game can be played 2v2, 3v3, 4v4 or more. If you have an odd number of players, you can give one team an extra

- attacker or add a neutral player who is all-time offense.
- Place a goal on each endline using 6 ft. portable goals or pairs of cones placed 6 feet apart. Players score by passing or shooting the ball into the goal or between the cones, below knee-height.
- “Barcelona” rules: Teams earn points according to how many passes they make before scoring. For example, if a team makes 6 passes and scores, they get 6 points. If they make 6 passes but don’t score, they get zero points.
- Play starts when players on one endline initiate play by passing the ball to each other and advancing towards their goal. At this point, either team can score. Both sides can attack, both sides will defend, so whoever has the ball is attacking when they have it.
- There are no corners, throw-ins or goalies. If a ball goes out of bounds, it's a kick-in.
- Play short rounds. The team with the most points at the end wins the round.
- If you have enough players for 2 grids, you can position yourself in the middle and run two games at the same time so players get more touches on the ball.

COACHING TIPS

Provide specific encouragement and recognition. Think: “Good job dribbling to open space” instead of just “Good job.”

During a scrimmage, continue to emphasize the coaching points you stressed during your practice. If you worked on maintaining possession, stress that in the scrimmage. If you worked on defensive teamwork in your practice, focus on that.

It’s also great to just observe your players and let them play here. Observing enables you to see what’s working and where to focus in future sessions.

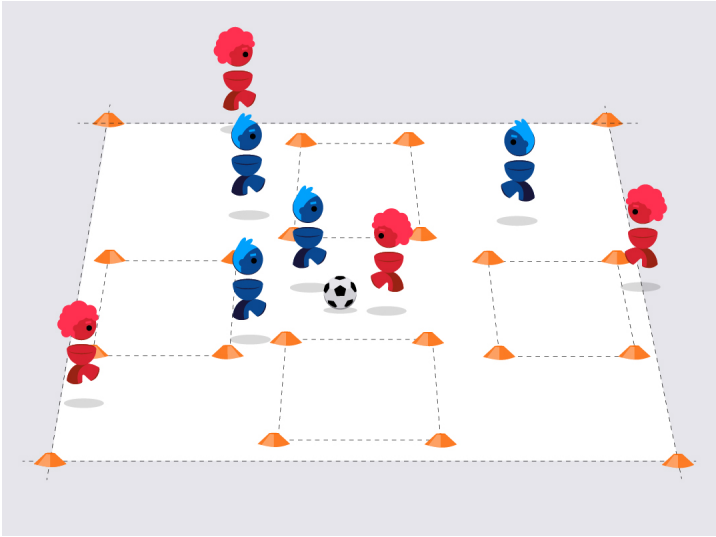
DO IT AT HOME

Players can keep working on their skills at home with a game we call

[Watch Your Back](#), only available with MOJO+.

World Tour

Duration: 10 minutes



DESCRIPTION

Players practice passing to teammates in open space in this game from FC Barcelona.

WHAT YOU NEED

- 20 cones
- 1 ball
- 1 pinnie per 2 players

SETUP

- Use 4 cones to create a rectangular space, 20 yards long x 15 yards wide. Then use 16 more cones to create 4 5 x 5-yard squares spread throughout the pitch. These are scoring zones.
- Divide players into 2 teams of 5—one red, one blue. 3 players from each team face off 3 v 3 inside the rectangle. The other 2 players from each team stand one to a side

- outside the space.
- On your call, the team with the ball tries to maintain possession, using their teammates standing on the sidelines as help. Every time they dribble or pass the ball through 1 of the 4 scoring zones, they get a point.
- When the defense recovers possession, they must do the same.

WHAT TO EXPECT

In this game, players discover how to position themselves and move the ball around the space in order to steer clear of defenders, and make it into the scoring zones.

Here, players are encouraged to seek out passes in open space. Passing to teammates who are not being defended allows them to move freely once they receive the ball.

Pass to a teammate who is next to one or more defenders, and the recovery team will likely gain possession before the ball is able to reach the next scoring zone.

With scoring zones spread out throughout the entire space, players should be ready for 360 degrees of action. This means keeping their bodies open towards the ball and their teammates –an FC Barcelona fundamental called face play, or *jugar de cara*.

COACHING TIPS

Encourage players to alternate between short and long passes, which can help confuse the defense.

Players should ask themselves. “How can I bring the defense to me so I can evade them and dribble away?”

MAKE IT EASIER

Allow all 4 neutrals on the outside to play for either team.

Make the space larger

MAKE IT HARDER

Make a rule that players can only score if they receive a pass inside the square.

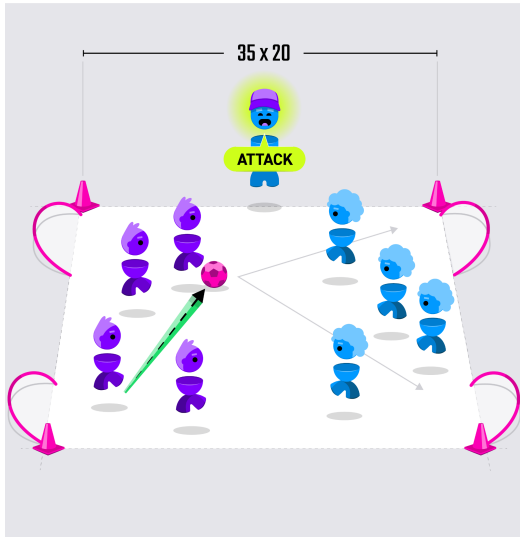
Remove the neutral players from the game.

DO IT AT HOME

Players can keep working on their skills at home with a game we call [Watch Your Back](#), only available with MOJO+.

4v4 to 4 Goals (Attacking)

Duration: 10 minutes



DESCRIPTION

It's 2 goals—and twice the fun! This scrimmage develops attacking, passing and receiving skills.

WHAT YOU NEED

- 8 cones
- 1 ball per 4 players
- 1 pinnie per 2 players
- 4 small goals

SETUP

- Place 4 cones to mark the corners of your grid, recommended size: 35 yards long x 20 yards wide for every 8-12 players.
- Place a small portable goal or pair of cones placed 6 feet apart at each end of each endline, 4 goals in all.
- Divide players into two teams, one on each endline, and

- give one team pinnies.
- Play starts when 4 players enter from each endline and one team initiates play by passing the ball to each other and advancing towards their goals.
- Players scrimmage and score by kicking the ball into either of their goals or through the cones, below knee height.
- If a player scores or the ball goes out of bounds, new players rotate in and a new round begins.
- There are no goalies, corners or throw-ins. If a ball goes out of bounds, it's a kick-in.
- If you have enough players for 2 grids, you can position yourself in the middle and run 2 games at the same time so players get more touches on the ball.

WHAT TO EXPECT

Expect younger players to run parallel when they are attacking (instead of one running ahead). There will also likely be more dribbling than passing, depending on the experience of the players.

Attackers may be so excited, they may burst out wildly and make mistakes, enabling turnovers.

COACHING TIPS

Placing the goals in the corners of the grid makes defenders work harder. As one attacker advances with the ball, their teammates (the attackers without the ball) should try to run between defenders so the attacker with the ball can pass them the ball to try to score.

Attackers should avoid staying close to each other and holding the ball or passing it slowly—this makes it easier for the defense.

MAKE IT HARDER

Making the space smaller makes it harder for attackers to beat defenders.

MAKE IT EASIER

Making the space larger makes it easier for attackers to beat defenders.

CHANGE IT UP

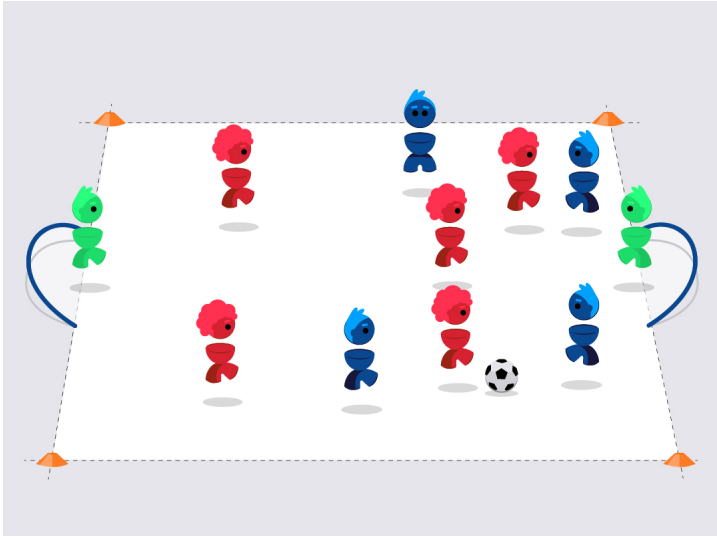
To help players develop ball control and speed dribbling skills, you can adjust the game so that players must dribble through the goal in control of the ball in order to score. This makes it harder for attackers but does encourage them to dribble with speed when a goal is open.

DO IT AT HOME

Players can keep working on their skills at home with a game we call [1v1](#), only available with MOJO+.

Fcb Scrimmage

Duration: 15 minutes



DESCRIPTION

It's time to put everything you've practiced into action. This is scrimmage, FC Barcelona-style.

WHAT YOU NEED

- 4 cones
- 1 ball
- 1 pinnie per 2 players
- 2 goals

SETUP

- Use 4 cones to make a rectangular space, recommended size: 20 yards long x 15 yards wide. Place goals at each end.
- Try to play with teams of equal size. If you have an extra player, that's OK. Have them switch between teams so everyone can practice playing with an advantage or

- disadvantage.

WHAT TO EXPECT

Scrimmage is every player's favorite part of practice. Don't worry about whistles, offside, or corner kicks. Here, we want to emphasize the fundamentals of the game without losing sight of the fun.

COACHING TIPS

Feel free to give your players feedback and ask them about their strategy on the field.

Encourage players to spread out, no matter what zone they're in and whether they have possession. Make sure they know the value of moving constantly without the ball.

Players should ask themselves, "Where is the defense? What can I do to attract them so I can create space for my teammates?"

Encourage players to think about how to set up a finish. Where should they go? How should they coordinate a plan of attack?

Stay positive and remember to praise players when using the Barça style—passing the ball, finding space for their teammates and having fun.

MAKE IT EASIER

Remove a defender or two, to help your offense focus on finishing.

Restrict the defenders from pressing.

MAKE IT HARDER

Install side lanes and restrict movement of certain players.